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(56) Documents cited

WO 83/01744 A

US 4757990 A

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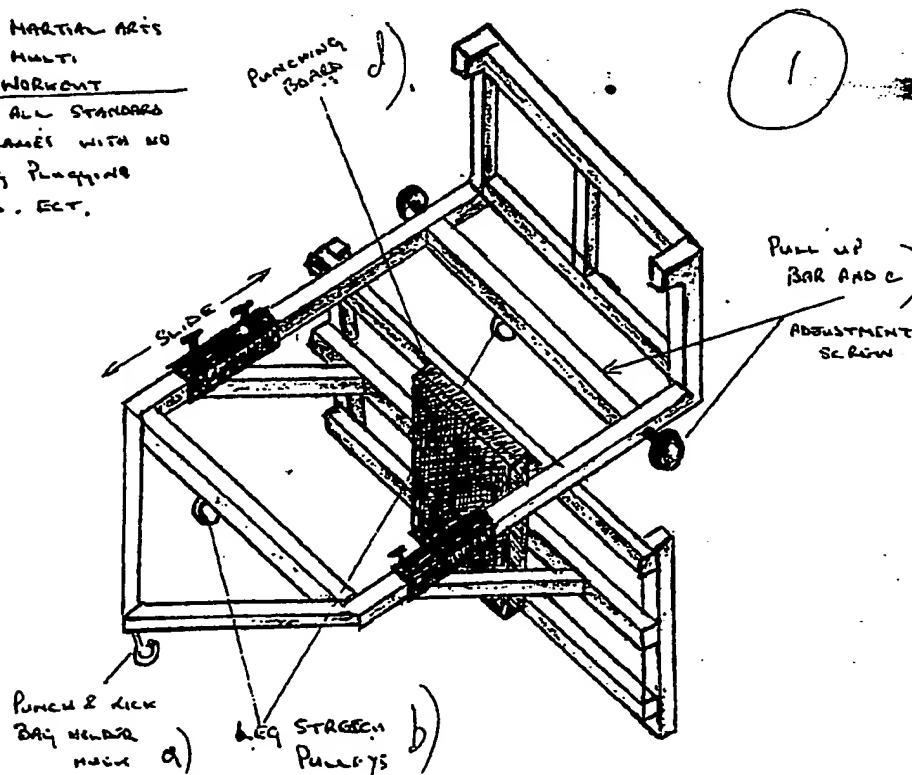
Online databases EDOC, CLAIMS, WPI

(54) Martial arts work out device

(57) The device is designed for fitting in a door frame without any other fixing device, i.e. nuts, bolts or screws. It is collapsible and can be assembled in minutes to form a stable and secure training aid for all martial artists.

The described embodiment comprises a framework including a hook (a) for a punch and kick bag, leg stretch pulleys (b), pull-up bar (c) and a punching board (d). The frame work includes a first, projecting section at one end adapted to engage the rear face of a wall above a door frame and a second section, which carries the punching board, the ends of which are adapted to engage the front face of the wall either side of the door frame.

~~DOOR~~ MARTIAL ARTS  
5 WAY MULTI  
WORKOUT  
TO FIT ALL STANDARDS  
DOOR FRAMES WITH NO  
DRILLING PLUGGING  
NUTS, SCREWS, ETC.

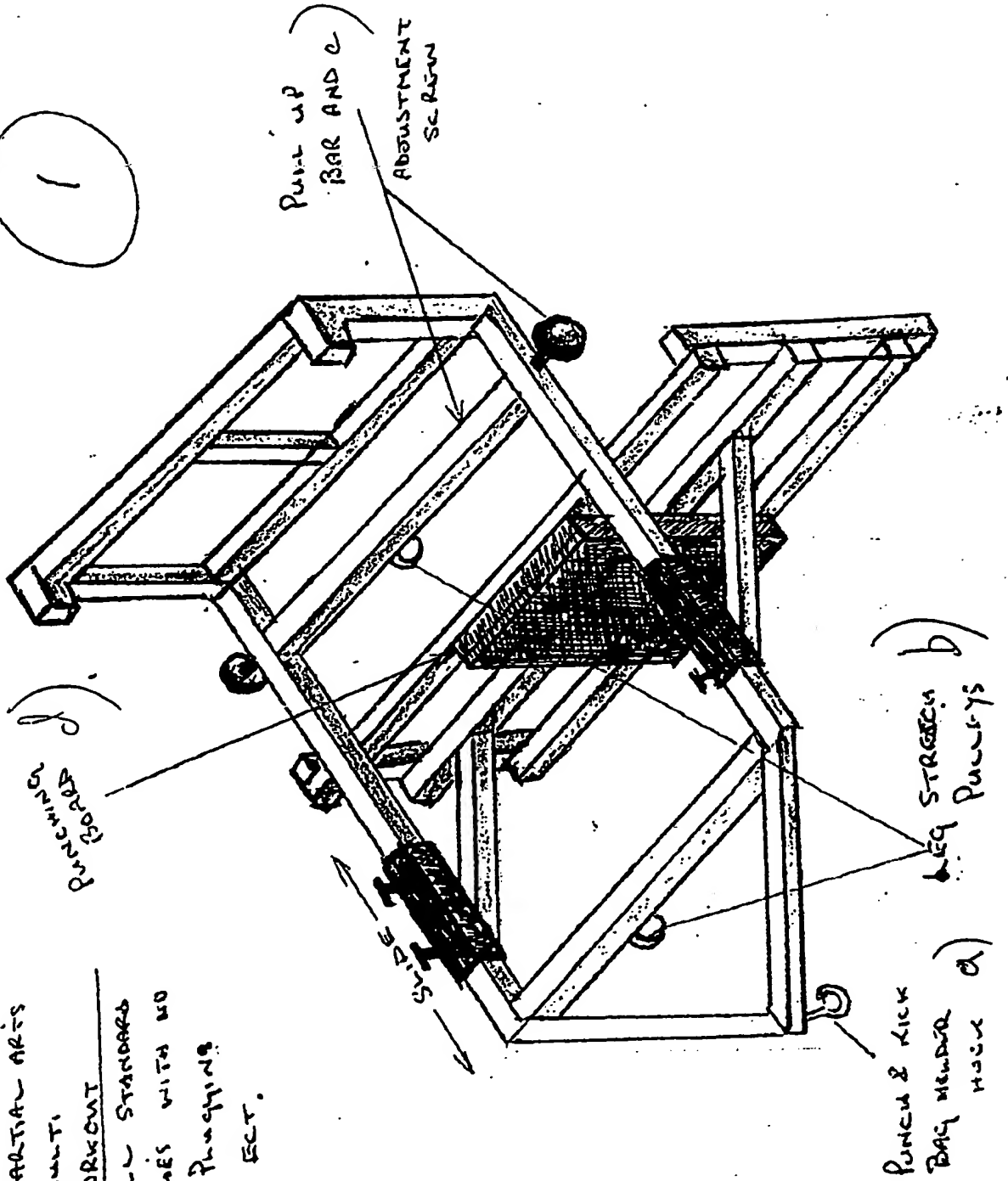


~~THE~~ MARTIAN ARTS  
5 WAY MOUNT.

WORKOUT

TO FIT ALL STANDARDS  
OUR FRAMES WITH NO  
PUSHING PULLING  
N9. SCREWS, ECT.

1

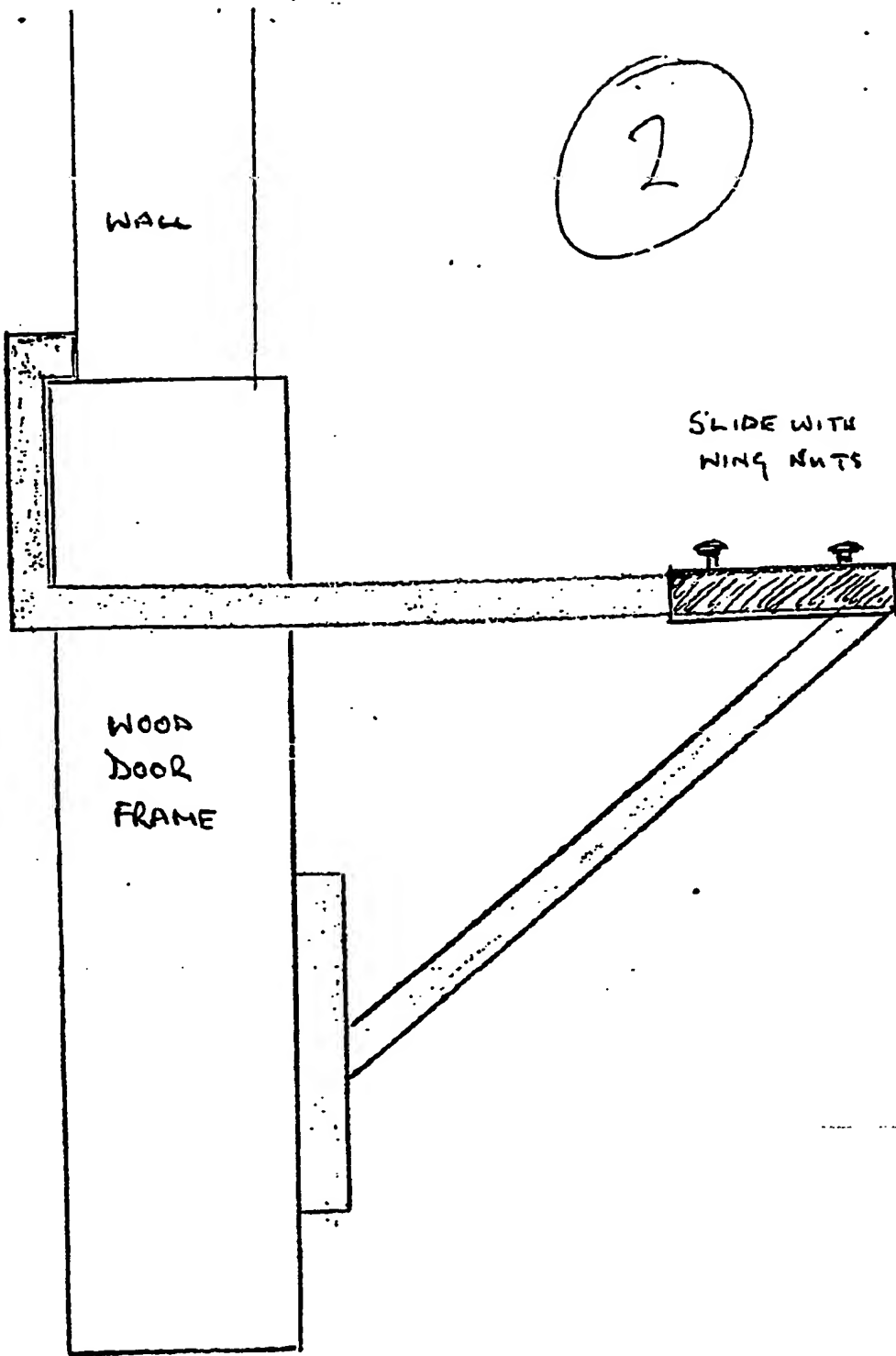


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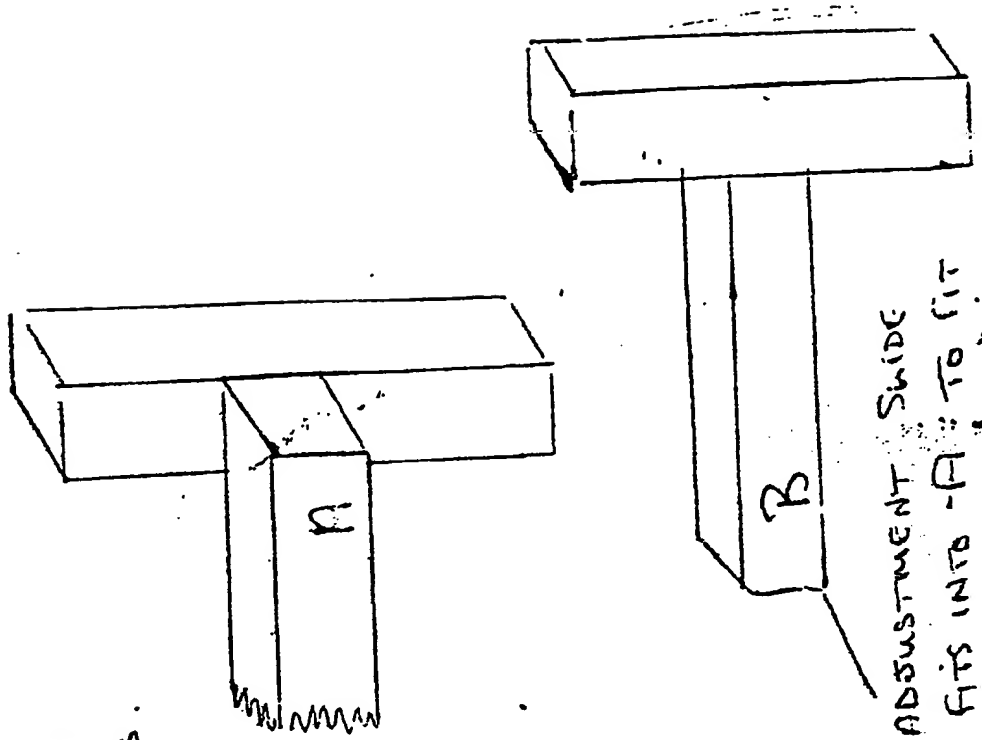
WALL

SLIDE WITH  
WING NUTS

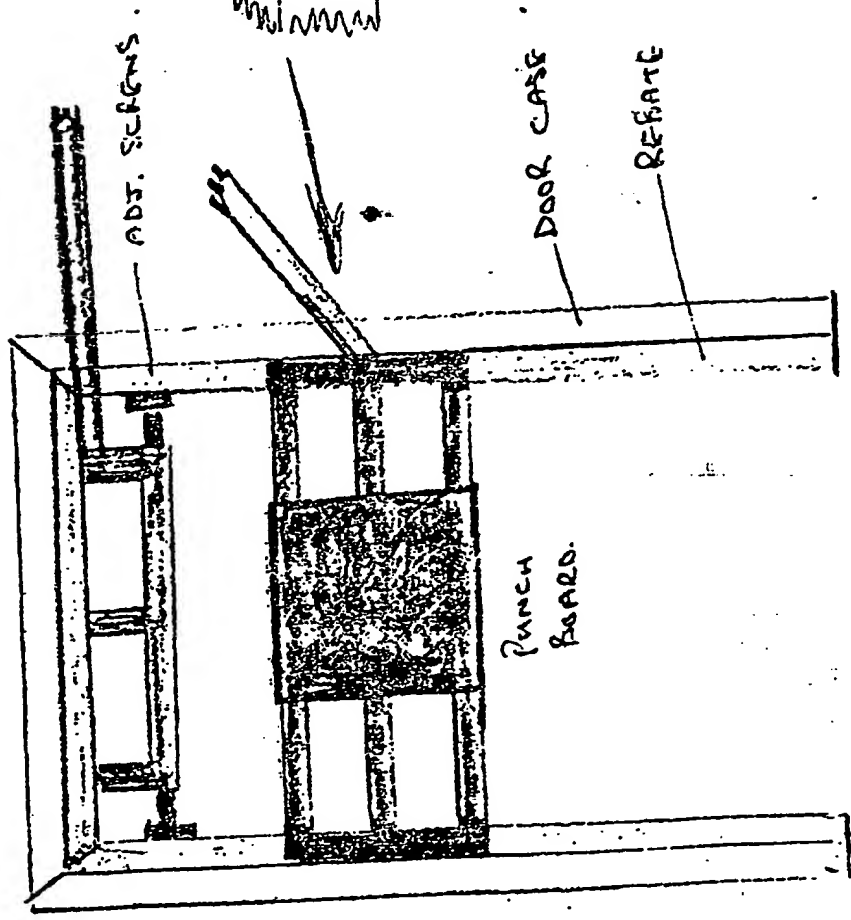
WOOD  
DOOR  
FRAME



(3)



ADJUSTMENT SLIDE  
FITS INTO "A" TO FIT  
ALL STANDARD DOORS



## THE MARTIAL ARTS FIVE WAY MULTI WORK-OUT

The reasons for this apparatus are as follows:-

I have been a martial artist for twenty years and for the past for of these I have owned and run my own martial arts shop. Both my own experience and customers requests have led me to design a piece of equipment that previously did not exist, there are certain excersises that are vital to the practise of martial arts and the Martial Arts Five Way Multi Work-Out provides for these.

Drawing No.1a) of the Martial Arts Five Way Multi Work-Out shows a hook to hold a kick and punch bag and a speed ball.

No.1b) is a pulley device to stretch the legs prior to kicking.

No.1c) is a horizontal bar for vertical excersises.

No.1d) is a makiwara punching and striking board.

a) Hook to take kick and punch bag/speed ball.

b) Roller pulleys to stretch legs to side and front.

c) Pull up bar.

d) Makiwara (punch/strike) board.

The device works on a cantilever principle and is made to fit all (standard) doors without the need for drilling, plugging or screwing etc.

The devise is in short fully portable.

2  
THE CLAIMS

1 It is a device that is placed in the open doorway, held in place by screw out extension bars the machine is counter-balanced by working on a cantilever principle that hooks up behind the top of the door frame. This frame is then used to attach the five training aids, which comprise of:-

- 1) A pull up bar.
- 2) A punch bag.
- 3) A makawara (striking) pad.
- 4) A leg stretcher.
- 5) A kick bag.